SASKATOON metro®

NEWS WORTH SHARING.

## Grieving family hails 'justice'

Relatives of Sammy Yatim, fatally shot by a Toronto cop in July, react to officer's being charged with murder PAGE 4

## 'Fat letters' idea: Pass or fail?

Some schools are sending kids' BMI results home to parents in an effort to curb obesity, but critics say the idea is shaming PAGE 5

## HE SAID, SHE SAID

LAKE BELL TAKES ON THE VOICEOVER INDUSTRY'S GLASS CEILING IN HER NEW FILM, IN A WORLD PAGE 9

The Cadillac of Dealers

2012 CHEVROLET MALIBU LT

Stk# 6092A

Now $15,550

$121 Bi-Weekly 84 months

WHEATON GMC•BUICK•CADILLAC

306.244.8131 | 2102 MILLAR AVENUE
WWW.WHEATONSASKATOON.COM

Cody Smith, manager of River City Sports in Saskatoon, shows his team spirit with assorted Roughriders gear at the store on Monday. Smith says Riders apparel and souvenirs have been moving steadily off the shelves, and adds that the province's role as host of the Grey Cup game this CFL season has played a part in the demand. MORGAN MODJESKI/METRO

# Rider Nation brings the noise

**Game for more.**
Increase of 15,000-plus fans for first four home games attributed to extra seating, Grey Cup in Regina and better game-day atmosphere

MORGAN MODJESKI
morgan.modjeski@metronews.ca

Rider Nation is rising to the occasion, as the Green and White have risen to the CFL's top spot.

Attendance at Saskatchewan Roughriders games at Mosaic Stadium has been climbing since the beginning of this season, and has outpaced that of the first four home tilts of 2012 by a total of more than 15,000 fans.

Gregg Sauter, vice-president of business development and marketing with the Roughriders, said Monday that a number of factors have contributed to the increase. But the decision to open additional seating early for the Grey Cup game, to be played at Mosaic in November, has been a factor.

"People who haven't been here in a number of years — or in some cases, ever — are here this year," Sauter said of fans converging on the Regina stadium on game days.

"People in Saskatoon, Prince Albert and North Battleford, who haven't been down for a while, are making it out."

Cody Smith, manager at River City Sports in Saskatoon, said there's also a strong demand for the Green and White gear.

"We've had ages range from young kids who are getting new jerseys (to replace) the ones they've grown out of (to) older fans into their 70s looking at getting jerseys and wearing green," said Smith.

"Roughly 85 per cent of our sales are Rider sales right now."

Sauter noted that the energy in the stands is reflected in the Riders' 6-1 record.

"Players love to play in Saskatchewan and they love to play for the Roughriders," he said. "The Roughriders are really part of our culture."

However, despite attendance reaching 40,637 for this past Saturday's win over the Montreal Alouettes, Sauter said the capacity of the planned $278-million stadium to replace Mosaic — about 33,500 seats with a capability for expansion to 40,000 at times — will be a good fit when it opens in 2017.

"We have thousands of tickets available for the last three, four or five games of the year and we're not going to be selling out those games at 40,000-plus," he explained.

"We're not 6-1 every year, we don't have the Grey Cup every year and all of those things add to the hype."

Great Canadian OIL CHANGE

Fast Professional Service All Of The Time.....

Save Time And Money – No Appointment Necessary

Open Late – Warranty Approved – Open 7 Days a Week

3330 8th St. 705 22nd St. 1204 Central Ave. 802 Circle Dr. 519 Nelson Road

TAKE $5 OFF ON US!

Save $5

On Any Oil Change Package

Valid at all Saskatoon Locations. Starting at $52.99 with coupon for most vehicles plus taxes and enviro charge. Present Coupon. Not valid with any other discounts. Exp. August 31, 2013

NEWS 1

# New justice minister pledges crime crackdown in speech

**New rules.** MacKay said legislation could come this fall

Justice Minister Peter MacKay is talking about cracking down on drunk driving, sexual predators and cyberbullying, while doing more to help victims.

MacKay made the comments in his first speech to the Canadian Bar Association since taking over the justice portfolio.

He told the crowd in Saskatoon that he intends to move forward on a bill of rights for victims after hearing heart-wrenching stories from people who were frustrated with the legal process.

"First, I think it's fair to say that many have recognized that significant improvements have occurred," MacKay said Monday.

"But second, I've heard many victims who still feel the system is failing and they don't feel that thus far it is meeting their needs. They want the system reformed to include them in a more substantial way."

The minister also said more will done to help stop cyberbullying.

In a news conference after the speech, MacKay, who was once a Crown prosecutor in Nova Scotia, said legislation could come this fall.

**Quoted**

**"I've heard many victims who still feel the system is failing and they don't feel that thus far it is meeting their needs. They want the system reformed to include them in a more substantial way."**

Justice Minister Peter MacKay

MacKay was also asked Monday to weigh in on another report, this one from the Canadian Bar Association.

The group released a report Sunday that described access to justice in Canada as "abysmal." It said the harshest consequences would be on the poorest people.

Supreme Court of Canada Chief Justice Beverley McLachlin, who also spoke at the conference, described access to justice is a growing problem for many Canadians.

Peoples' lives can be ruined if they can't get access to justice, McLachlin said Saturday.

Among other things, the report calls for more federal funding for civil legal aid.

Report author Melina Buckley said the federal government can't say how much it contributes to civil legal aid because the amount is included in overall funding to provinces and the decisions on how to spend the money is made at the provincial level.

MacKay said the federal government has increased the money it transfers to provinces, but that there are constitutional limitations on what Ottawa can tell the provinces to do with that funding.

THE CANADIAN PRESS

Justice Minister Peter MacKay addresses the crowd at TCU Place Monday at the Canadian Bar Association Conference, which wraps up today. JACOB MORGAN/METRO

# 2013 sees increase in arson in the city

With incidents of arson on the rise, Saskatoon Fire and Protective Services say there are precautionary measures residents can take to help protect their homes from becoming a target.

Fire Marshal Wayne Rodger explained in 2012 the city saw a total of 30 cases of arson.

This year they have seen a total of 26, but he said the higher rate of incidences is likely rooted in abnormally low numbers in 2012.

"When we look at the amount of fires we actually investigated last year, the number was really down, probably about 60 per cent," said Rodger.

He noted another contributing factor in the higher incidences this year could be the increase in intentional vehicle fires — having jumped from three in 2012 to 10 so far this year.

Cleanup crews respond to fire damage at a family doctor's office in the 1800 Block of Broadway Avenue. Saskatoon Fire and Protective Services believe the fire was started at roughly 1:30 a.m. on Saturday when an object was thrown through the business's window, which is seen covered up with boards. JACOB MORGAN/METRO

Firefighter with the SFPS, Jim Arnold, explained while it's impossible to predict where arson might occur, clearing your house of clutter and making sure your property is well lit can help decrease the risk.

"Don't leave discarded furniture outside of your house, don't leave large piles outside of your house, you want to make sure you get those to the landfill," said Arnold.

"You want to make sure you don't have any sources of fuel that can make it easier for an arsonist."

Arnold noted the SFPS encourages all residences to keep an eye out for suspicious activity and report all unusual incidents to the Saskatoon Police Service.

JACOB MORGAN/METRO

**Steps to avoid arson**

- Ensure your property is well lit using motion sensor lights.
- Remove all unwanted furniture and vehicles from property.
- Keep flammable material secure and out of sight.
- Ensure your house is visible from the street by trimming hedges and other plants.
- Report suspicious activity to police.

# Egypt. Officials may free jailed former president as violence continues

Jailed ex-Egyptian president Hosni Mubarak could be released later this week, judicial officials said Monday, a move that would fuel the unrest roiling the country after the autocratic leader's successor was removed in a military coup.

Underscoring the growing anger over Mohammed Morsi's ouster, suspected Islamic militants ambushed two minibuses carrying off-duty policemen in Egypt's Sinai Peninsula, forcing the men to lie on the sand and shooting 25 of them dead.

The brazen daylight attack raised fears that the strategic desert region bordering Israel and the Gaza Strip could be plunged into insurgency.

The 25 were given a funeral with full military honours after a plane brought their bodies to an air base in eastern Cairo. Interior Minister Mohammed Ibrahim, who is in charge of the police, and the army's chief of staff, Gen. Sedki Sobhi, led the funeral.

The coffins of the victims were draped in Egyptian flags and, in a show of solidarity, were carried in the funeral procession by army soldiers and policemen. THE ASSOCIATED PRESS

Ex-Egyptian president Hosni Mubarak THE ASSOCIATED PRESS

**Muslim Brotherhood**

Egyptian security officials and state television say the supreme leader of the Muslim Brotherhood has been detained. Officials say Mohammed Badie was captured early Tuesday (local time) in an apartment in the eastern Cairo district of Nasr City.

## 'Against the coup'

A woman holds up a picture of Egypt's ousted president Mohammed Morsi, reading in Italian "Against the coup," during a demonstration in Rome Monday. A Human Rights Watch report accused Egyptian security forces of using excessive force when they moved last week to clear the larger of two sit-in protest camps. RICCARDO DE LUCA/THE ASSOCIATED PRESS

# Railway tragedy in India. Train runs over pilgrims, killing 37; driver beaten

A train ran over a group of Hindu pilgrims at a crowded station in eastern India early Monday, killing at least 37 people. A mob infuriated by the deaths beat the driver severely and set fire to coaches, officials said.

Several hours after the accident, flames and dark smoke could be seen billowing out of the train coaches, as protesters blocked firefighters from the station in Dhamara Ghat, a small town in Bihar state, officials said.

Dinesh Chandra Yadav, a local member of parliament, said the pilgrims were crossing the tracks in the packed, chaotic station when they were struck by the Rajya Rani Express train. Several other people were injured. THE ASSOCIATED PRESS

**Quoted**

**"The driver did not slow down when the train approached the station."**

**Kumar Ashutosh, a passenger on the train,** said it was difficult for the driver to stop as the train was going at a rapid speed when he realized there were people on the track.

Coaches of the Rajya Rani Express train burn after a mob set it on fire at a station in India on Monday. THE ASSOCIATED PRESS

Hurry in for a $50 bonus gift[1] on select smartphones.

Plus, more deals on other great phones!

Clear your Tab within 24 months, guaranteed!

Samsung Galaxy Ace II™ x
$0 With Tab Small[2]

Samsung Galaxy S III™
$0 With Tab Large[2]

Offer ends September 12, 2013.

koodo™

BEST BUY · FUTURE SHOP · LONDON DRUGS · THE MOBILE SHOP · Walmart

koodo shop
Centre at Circle & Eighth
Midtown Plaza

See store for full details. (1) Bonus gift will vary by store location. Bonus gift available with new activations only. While quantities last. (2) Subject to approved credit. Monthly Tab charge may apply.

# ‘Justice’ served but fight not over: Yatim family

**T.O. streetcar killing.** Scrutiny turns to other officers following the laying of murder charge

JESSICA SMITH
Metro in Toronto

When Sammy Yatim’s family learned the officer who shot him on an empty Toronto streetcar last month was being charged with second-degree murder, they celebrated “justice” being done and quickly turned their attention to the officers who witnessed the shooting.

On Monday morning, shortly after Ontario’s Special Investigations Unit (SIU) announced it was laying charges against Const. James Forcillo, Sammy’s sister Sarah tweeted: “Good morning JUSTICE.”

Later, Yatim’s family released a statement saying they were relieved by the charges and calling for further investigation into “the supervising police officer(s) and the other officers in attendance for their lack of intervention.”

On July 27, Yatim, 18, was shot multiple times and Tasered after he appeared to have brandished a knife and exposed himself as passengers fled from the streetcar.

The SIU investigated only Forcillo and did not lay charges against any other officer, including a sergeant who appears on video to have Tasered Yatim after he’d already been shot and fallen to the floor.

That’s enough evidence to support an assault charge, according to lawyer Peter Rosenthal, who has represented the families of a number of people who have been killed by police.

The SIU’s mandate “is only to charge officers if they’re involved with serious injury or death, and they figured, probably, that the Tasering wasn’t what harmed Mr. Yatim,” Rosenthal said.

Just because the SIU didn’t investigate the sergeant, it doesn’t mean police shouldn’t lay an assault charge, he said.

Rosenthal would also like to see consequences for the officers who didn’t appear to use any de-escalation techniques.

“In my view, it’s up to the police chief to discipline the police officers who don’t follow the de-escalation training they’re given, whether or not they’re guilty of criminal charges,” he said.

**Pressing further**

**“We want to work now to ensure that Sammy’s blood wasn’t wasted and to prevent any other families from enduring such a tragedy.”**

A statement from the family of Sammy Yatim

James Forcillo is the seventh on-duty Toronto police officer to be charged by the SIU with manslaughter or murder since its inception in 1990. CONTRIBUTED

**Not enough Tasers?**

**Yatim’s death has prompted questions from the public about the use of Tasers.**

- Ontario policy states only sergeants — not all frontline officers — should carry Tasers.
- Toronto police Chief Bill Blair says allowing officers to be armed with Tasers may be one of the recommendations contained in the review of Yatim’s death he has requested from retired associate chief justice Dennis O’Connor.

**Follow along on Twitter**

**Watch @jessiecatherine on Tuesday morning for live updates from Const. James Forcillo’s first court appearance.**

# Woman cried out before Oscar Pistorius shot her, court hears

A woman screamed and then there was silence, according to South African prosecutors pressing a premeditated-murder case against Oscar Pistorius.

Next, the indictment says, witnesses heard gunshots and more screaming at the home of the Paralympic champion, who says he shot his girlfriend by mistake.

The sequence of events outlined Monday could bolster an argument that the double-amputee Olympian was intent on killing Reeva Steenkamp after an altercation and was not reacting fearfully to what he thought was an intrusion in his home. Prosecutors revealed a list of more than 100 witnesses, some of whom live in the community where she was killed.

The athlete will face an additional charge of illegal possession of ammunition when his blockbuster trial starts on March 3 in a court in the South African capital, Pretoria.

The indictment in the Pretoria Magistrate’s Court yielded new details about how prosecutors will pursue a case that has gripped the world because of the celebrity status of Pistorius, who overcame his disability to become a global phenomenon, only to see his name and accomplishments tarnished by his role in a violent death.

The main charge laid by prosecutors carries a mandatory sentence of life imprisonment with a minimum of 25 years in prison if Pistorius is convicted.

Prosecutors also said in the indictment papers that Pistorius shot “with the intention to kill a person,” and even if his story is found to be true, he was still guilty of murder.

That secondary argument seemingly allows for the possibility that Pistorius could escape the more serious charge of premeditated murder but still be convicted of murder without premeditation, which carries a sentence of 15 years in prison.

THE ASSOCIATED PRESS

Oscar Pistorius cries as he prays with his sister Aimee and brother Carl in the magistrate’s court in Pretoria, South Africa, on Monday. THE ASSOCIATED PRESS

**Remembering the victim**

**The timing of the indictment was melancholic because Reeva Steenkamp would have celebrated her 30th birthday on Monday.**

# Autism. Cops investigate letter telling woman to euthanize her grandson

An Ontario woman whose autistic grandson was the target of a hateful letter is describing the words as sickening.

Brenda Millson says she received a letter on Friday that tells her family to “go live in a trailer in the woods” and even suggests her 13-year-old grandson be euthanized.

Millson’s grandson lives with his parents in nearby Oshawa, but the boy has been visiting her in Newcastle.

She says the hate-filled letter left everyone in shock but the family hopes the case will raise awareness of the support needed by autistic children. Millson adds her neighbourhood has rallied around the family.

Durham regional police say they have been investigating since Friday.

THE CANADIAN PRESS

**India**

## Teen beaten to death over kite

A group of teenagers beat a 17-year-old to death after a kite-flying dispute, Indian police said Monday.

Rajan Chand was flying a kite in Delhi on Friday when he apparently angered another boy by snapping the line on his kite, police said.

The next evening the boy and three others attacked Chand and a friend, hitting Chand with a metal object and beating the two until they were unconscious, police said. Police have arrested a 16-year-old and a 17-year-old.

It was not clear if Chand had been in a kite-flying competition. Kite-flying can be fiercely competitive in South Asian countries, with competitors often coating their lines with powdered glass to slice through others’ lines. THE ASSOCIATED PRESS

# ‘Fat letters’: Helping fight obesity, or shaming kids?

**BMI testing.** Some say it’s an important tool to combat an epidemic, others say it’s ‘a terrible idea’

Letters sent home with overweight children are called “fat letters” by some critics, who say they shame kids about their weight and increase bullying.
RENE JOHNSTON/TORSTAR NEWS SERVICE FILE

They’ve been called “fat letters” and critics say they increase bullying and shame kids for their body weight.

But a paper published Monday by the American Academy of Pediatrics argues that weighing and measuring the height of schoolchildren and sending letters home with overweight kids is important for combating the obesity epidemic.

This kind of screening has been going on in parts of the U.S. for more than a decade, and despite the objections, has led to positive lifestyle changes for many of the children identified as obese, the paper argues.

“Obesity is an epidemic in (the U.S.), and one that is compromising the health and life expectancy of our children. We must embrace any way possible to raise awareness of these concerns and to bring down the stigmas associated with obesity so that our children may grow to lead healthy adult lives,” the author, Dr. Michael R. Flaherty, told Torstar News Service.

Not enough study has been done to conclusively state whether body mass index (BMI) testing or letters sent home are producing any behavioural change, Flaherty writes, though limited studies in Arkansas, the first state to implement school testing, show markedly positive outcomes.

Critics of BMI testing, which has now been implemented in 21 U.S. states, however, say the letters amount to “fat shaming” and encourage bullying, while not providing any proven solutions to parents.

“It’s a terrible idea,” said Dr. Yoni Freedhoff, founder and medical director of the Bariatric Medical Institute in Ottawa.

“There are no known, reproducible, sustainable protocols for parents to follow once these children are singled out,” he said. TORSTAR NEWS SERVICE

**By the numbers**

## 30

Canada, where 30 per cent of children are overweight or obese, is not far behind the U.S., where that number is 32 per cent.

## Controversial singer. All Canadian Chris Brown concert dates cancelled

The promoter of four Chris Brown concerts in Canada scheduled for this summer says the events have been cancelled, citing the R&B star’s personal and health problems.

“After ongoing conversation and consultation with this year’s headline act Chris Brown, and in light of the performer’s recent personal and health-related issues, a decision has been made to cancel all four scheduled performances,” said Stephen Tobin, owner of Drop Entertainment Group, in a statement on the company’s website.

“In the absence of a festival headliner, we cannot proceed.”

Brown was to perform in Halifax, Saint John, Toronto and Winnipeg.
THE CANADIAN PRESS

**Ottawa**

### PM to prorogue Parliament until October

Prime Minister Stephen Harper says he intends to ask the Governor General to prorogue Parliament, which means the House of Commons likely won’t resume in September as originally scheduled.

Harper, who is currently on a weeklong swing through northern Canada, says the government plans to deliver a throne speech in October after the Thanksgiving weekend, kicking off a new parliamentary session.

Most of the promises the Conservatives made in the last election have been fulfilled, and so the time has come for a new agenda, Harper told a news conference Monday in Whitehorse. THE CANADIAN PRESS

METRO CUSTOM PUBLISHING

Ding! Ding!
TRANSIT TUESDAY

» NEW DIRECT ROUTES GET YOU DOWNTOWN AND TO THE U OF S IN UNDER 30 MINUTES!

*Now Available!* Downtown Direct #1
Runs from Lakeview and Lakeridge to downtown and back.

*Now Available!* Downtown Direct #2
Runs from Lakeridge and Lakewood to downtown and back.

*Starting September 3!* University Direct #1
Runs from Lakeridge and Lakeview to the U of S and back.

*Starting September 3!* University Direct #2
Runs from Lakewood to the U of S and back.
For more information, visit saskatoon.ca and click on "T" for transit or call 306-975-3100.

» CONFEDERATION TERMINAL 'COME & GO' OPEN HOUSE

Saskatoon Transit is putting forward a proposal to move the existing Confederation Terminal on Laurier Drive, to an on-street bus station at Confederation Drive and Laurier Drive. The proposed new bus station is one of the initial steps toward implementing 'on-street' transit stations at key points within the city as part of future Transit plans.

Residents are invited to attend a 'come and go' Open House to learn more about the proposed new station. Transit staff will be in attendance to answer questions and gather feedback. Details are as follows:

▶ THURSDAY AUGUST 29, 2013
COSMO CIVIC CENTRE, MEETING ROOMS A AND B
6:30 TO 8:30 P.M. (COME AND GO)

» LOST OR FOUND SOMETHING ON THE BUS?
Call 306-975-3100 or visit Saskatoon Transit's Customer Service Centre on 23rd Street in the Downtown Bus Mall.

i take the bus.
Don't worry about parking. Enjoy a relaxing, hands-free commute and catch up on the things that really matter.
transit
1913-2013
100 YEARS OF BUS RIDER PRIDE

# Kids' textbooks found riddled with errors

**Mexico.** Teachers given a list of at least 117 mistakes to manually correct after 'unforgivable' foul-up

As Mexican children trooped back to school on Monday, they had already learned one lesson: You can't believe everything you read in your textbook.

Their new government-provided textbooks are riddled with errors: misspellings, bad grammar and punctuation — and at least one city in the wrong state.

The foul-up is an embarrassment for a government that is trying to overhaul its much-criticized school system. Officials promised to give teachers a list of the errors so they can try to manually correct at least 117 mistakes. The Education Department acknowledged it found them only after 235 million elementary textbooks were being printed.

"It's not fair. Children are impressionable. The moment they see the error, it stays with them," complained Edith Salinas, a graphic designer who had just dropped her sixth-grade girl off at school.

Education Secretary Emilio Chuayffet has called the errors "unforgivable," but he blames Mexico's previous administration for the stumble.

He says he was faced with the predicament of choosing between stopping the printing of flawed textbooks so they could be corrected and making sure the country's 26 million school children had textbooks for each subject at the start of classes.

THE ASSOCIATED PRESS

Mexican children returned to classrooms Monday, and they were getting a quick lesson: Schoolkids aren't the only ones who make mistakes.
IVAN PIERRE AGUIRRE/THE ASSOCIATED PRESS

## NSA leak. Journalist says U.K. will 'regret' detaining partner for hours at airport

An American journalist who has written stories based on documents leaked by former National Security Agency contractor Edward Snowden said Monday he'll publish with more fervour after British authorities detained his partner.

London police detained David Miranda, who is in a civil union with reporter Glenn Greenwald, under anti-terror legislation at Heathrow Airport in London Sunday. Miranda arrived Monday in Rio de Janeiro, where he lives with Greenwald.

A defiant Greenwald promised he was going "to write much more aggressively than before" about government snooping.

"I'm going to publish many more things about England, as well," he said in Portuguese at Rio's international airport when Miranda arrived. "I have many documents about England's espionage system, and now my focus will be there, too. I think they'll regret what they've done."

THE ASSOCIATED PRESS

Journalist Glenn Greenwald, right, is seen with his partner, David Miranda, who was detained for nearly nine hours Sunday under anti-terror legislation at Heathrow Airport in London. JANINE GIBSON/THE GUARDIAN/THE ASSOCIATED PRESS

## Germany. Police storm city hall to free hostages and end standoff

Police ended a hostage standoff at a city hall in southern Germany on Monday by storming the building, shooting and wounding the captor, and freeing his two captives unharmed.

The crisis in the city of Ingolstadt prompted Chancellor Angela Merkel to cancel an election rally she had planned there.

Officials said the 24-year-old kidnapper had previously been banned from entering city hall because he was stalking one of its female employees. The 25-year-old woman was one of the people he was holding hostage.

The kidnapper, whose identity was not released, "was shot in his shoulder and legs" and rushed to a hospital, police spokesman Guenther Beck said.

Two other people the captor had taken hostage were freed from the building earlier in the day, police said.

The kidnapper "was carrying a plastic gun which looked like a real weapon and a big knife" — which is why police officers were forced to use their weapons, Ingolstadt police said in a statement Monday night.

Psychologists were counselling the four released hostages.

The captor was a known stalker and had been banned from entering the Ingolstadt city hall building because he had harassed the female employee there, said Bavaria's interior minister, Joachim Herrmann. The German news agency dpa said the stalking victim had been harassed for more than a year.

THE ASSOCIATED PRESS

A German special police force officer leaves the area of the city hall in Ingolstadt, Germany, Sunday.
KERSTIN JOENSSON/THE ASSOCIATED PRESS

# Al Jazeera aims to shake up U.S. broadcast news

**New York.** As network launches in America, it promises to offer more journalism — and less yelling — than rivals

KIERON MONKS
Metro World News in London, U.K.

The New York offices are quiet, with barely a sign of the new owners and the revolution they are promising. But Al Jazeera America's Tuesday launch into more than 40 million homes could potentially transform the country's media landscape.

"U.S. news is driven by a different mandate — to reach the widest audience with the shallowest coverage," Joie Chen, former CNN and CBS news anchor, told Metro. Chen is just one of an all-star team assembled by AJA — backed by the endless wealth of the network's owners, the Qatari royal family — and in many cases poached from rivals.

Joie Chen, a former CNN and CBS anchor who will work for Al Jazeera America. COURTESY AL JAZEERA AMERICA

"It's very different here, we are doing in-depth investigations that treat journalism with idealism, and we are telling stories that have been ignored," says Chen, explaining why she joined the broadcaster.

The channel will occupy a more serious niche, according to acting CEO Ehab Al Shihabi, who has promised less opinion, less yelling and fewer celebrity sightings. Bureaus are to be established in unglamorous locations such as Tennessee, and there will be less than half the advertising shown by rivals.

The launch is the culmination of a multi-year campaign from the leading Arab broadcaster to get on American airwaves. A decade ago it would have been unthinkable, when Al Jazeera was best known in the U.S. for screening messages from Osama bin Laden.

The memory remains and the launch has been fiercely opposed. Congressman Tim Murphy has led calls for an investigation, while civil society group Accuracy in Media attacked "an unacceptable danger to American citizens by adding to the potential for home-grown jihadists inspired by Al Jazeera's inflammatory programming."

An AJA source in New York revealed protests are planned and security is tight.

**Quoted**

"People here don't know where Qatar is but this will demystify the 'other.' It's an Arabic logo but Americans on screen, so there's a bridge that will be constructive."
**Philip Seib, director of the USC Center on Public Diplomacy,** who thinks the majority of Al Jazeera America's viewers will be won over.

# Feds stick to their guns over allowing wireless competition

Federal Industry Minister James Moore is standing by the government's plan for more competition in the wireless industry, despite pushback from telecommunications companies and their workers.

Moore said the policy is geared at getting more competition for Canadians and he added that more choice will result in lower prices.

The policy would allow a foreign company, such as U.S.-based Verizon, to buy two of the four prime blocks of radio waves that will be up for auction in January. Bell, Rogers and Telus can buy only one each.

"The policy was not invented on the back of a napkin," Moore said. He noted that many who opposed the move had input as the policy was being developed.

**Quoted**

"[Canadian telecoms] were supportive of the policy when we first announced it. It's only because Verizon has made noises about possibly coming into Canada that the anxiety has arisen." Federal Industry Minister James Moore

"They were supportive of the policy when we first announced it. It's only because Verizon has made noises about possibly coming into Canada that the anxiety has arisen," he said.

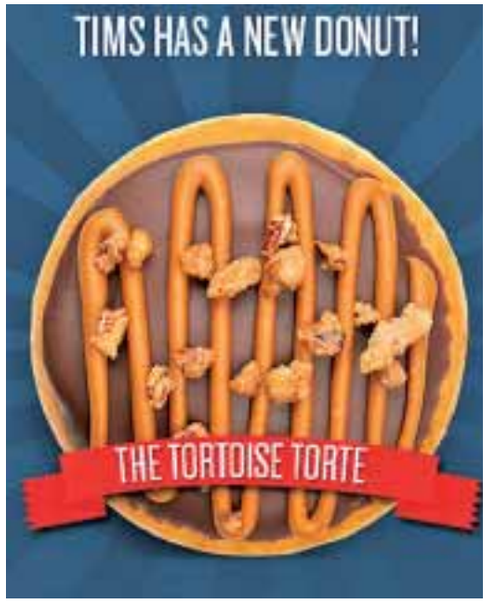
Canada's big wireless carriers have launched a media campaign to warn that, under the current plan, they would be at a disadvantage if Verizon were allowed into the market.

Unions have also chimed in. The Communications, Energy and Paperworkers Union of Canada, which has members who work at Bell, is calling for Ottawa to rescind what it perceives as advantages for Verizon.

The rules allow foreign entrants to buy small Canadian wireless carriers with less than 10 per cent of the market share.

There have been reports that Verizon wants to buy Wind Mobile and possibly struggling Mobilicity as a way to enter the Canadian market.

THE CANADIAN PRESS




## Tortoise wins the race

**A dreamed-up doughnut that combines chocolate, caramel and pecans has earned its inventor $10,000 and the knowledge he beat out 63,000 entries in a Tim Hortons contest. Toronto's Andrew Shepherd was crowned the winner of the Duelling Donuts competition on Monday for his creation The Tortoise Torte, which won against the runner-up doughnut Oreo Borealis. "I was ecstatic," Shepherd said. "It's kind of surreal."** SCREENGRAB/TIMHORTONS.COM

# Facebook. Programmer hacks Zuckerberg's page to prove point about bug

After discovering a privacy bug on Facebook, unemployed Palestinian programmer Khalil Shreateh said he just wanted to collect the $500 US bounty the social network offers to those who voluntarily expose its glitches.

But when Facebook ignored his first two reports, Shreateh took his message to the top — and hacked into CEO Mark Zuckerberg's personal page to prove his point.

"Sorry for breaking your privacy," he wrote to the Facebook founder, "I has no other choice to make after all the reports I sent to Facebook team ... as you can see iam not in your friend list and yet i can post to your timeline."

The stunt cost the 30-year-old Palestinian the bounty, but earned him praise — and numerous job offers from all over the world — for being able to get to the boss of the world's most ubiquitous social network.

Shreateh, who lives near the West Bank city of Hebron and has been unable to find a job since graduating two years ago with a degree in information technology, told Facebook that he found a way that allowed anyone to post on anyone else's wall. "I told them that you have a vulnerability and you need to close it," he said. "I wasn't looking to be famous. I just wanted to make a point to Mark (Zuckerberg)."

**Quoted**

"I told them that you have a vulnerability and you need to close it. I wasn't looking to be famous. I just wanted to make a point to Mark (Zuckerberg)."
Programmer Khalil Shreateh

In a message posted to the Hacker News, a user-driven security news site, Facebook software engineer Matthew Jones said the initial report was poorly worded, although he acknowledged the company should have pressed for more details.

Shreateh said he was initially disappointed by the Facebook response but that after being inundated by job offers he is pleased with how things worked out. THE ASSOCIATED PRESS

**Seattle**

## Support for $15 US minimum wage gains traction

Washington already has America's highest state minimum wage at $9.19 US an hour. Now, there's a push in Seattle, at least, to make it $15 US.

That would mean fast food workers, retail clerks, baristas and other minimum wage workers would get what protesters demanded when they shut down a handful of city restaurants in May and others called for when they demonstrated nationwide in July. So far, Seattle city council and mayoral candidates have said they'd consider. THE ASSOCIATED PRESS

**Connecticut**

## If your cable goes out, don't call 911

When a cable-television outage hit Connecticut shoreline communities during prime time Sunday night, viewers jumped to action. Some reached out to their state senator. Others called police. One even called 911. The calls prompted a warning from local police that 911 should be used for life-threatening emergencies only. THE ASSOCIATED PRESS

**Tech trends**

## New Galaxy Mega is not a phone — it's a phablet

Smartphones are getting bigger as people use them to watch movies and play games, and a new one from Samsung is beyond big. With a screen measuring 6.3 inches diagonally, the Galaxy Mega is almost as big as a seven-inch tablet. Phones of this size are usually referred to as phablets. THE ASSOCIATED PRESS

**Market Minute**

**DOLLAR** 96.69¢ (-0.03¢)

**TSX** 12,588.02 (-148.90)

**OIL** $107.10 US (-36¢)

**GOLD** $1,365.70 US (-$5.30)

**Natural gas:** $3.45 (+8¢)
**Dow Jones:** 15,010.74 (-70.73)

# YOUR SUBTLE TWEET SOUNDS SNARKY

SHE SAYS

**Jessica Napier**
metronews.ca

In the seven years since its inception, Twitter has evolved into a multi-purpose communication tool used to break news, start revolutions and bring people together with a simple hashtag. The social-networking site has an immense potential for social change and positivity. Unfortunately it also has a problematic tendency to feel a lot like high school. There's perhaps no better example of this than the not-so-subtle sub-tweet.

Sub or "subliminal" tweeting is the act of posting tweets that refer to particular people without mentioning specific names or handles. The nuanced construction of the sub-tweet allows social-media users to call out others in an anonymous yet very public fashion. Sadly, sub-tweets on the sweet side are few and far between; most are hostile and presumably typed with a middle finger.

For example, Miley Cyrus has been the target of plenty of online criticism lately thanks to the rather distasteful cultural appropriation she's been demonstrating as part of her latest image makeover. Last week she lashed out against one particular critic with this antagonistic sub-tweet: "I know what color my skin is. You can stop with the friendly reminders bitch."

A quick Google search will catch you up on her ongoing Twitter feud with rapper Azealia Banks (though you'll never get those five minutes of your life back) and help illustrate the concept of sub-tweeting. If you're still confused, try browsing through content tagged with #subtweet and you'll find an endless supply of snarky examples.

This passive-aggressive trash talking is popular among angst-filled teenagers and duelling celebrities, and watching these quarrels unfold in 140-character increments can be a guilty pleasure for those of us standing on the digital sidelines. The air of mystery contained in each sub-tweet appeals to gossip hounds who love drama.

But while broadcasting a backhanded "you know what you did" memo across the Internet is a lot easier than the direct approach, using social media as a platform to engage in personal disputes reeks of cowardice and immaturity. Unlike open and honest communication, this non-confrontational form of confrontation does nothing to resolve issues or right wrongs.

Cheeky pot-stirring is one thing, but if you're actually looking to address real personal issues, then sub-tweeting is never the answer.

Conflict resolution is best done offline and in private, rather than bullying each other from behind the veil of our online avatars.

Follow Jessica Napier on Twitter @MetroSheSays

## ZOOM

# Hands up! You are under the influence

COURTESY SEATTLE PD

### Cops crack down on the munchies

The boys in blue broke character at last weekend's Hempfest in Seattle, handing out crispy snacks at the iconic marijuana celebration — albeit with a request to not drive high — in honour of Washington's recent legalization vote. Sgt. Sean Whitcomb explained his mixed-up day. **METRO**

Q and A

## *Operation Orange Fingers*

**Did people think this was an undercover sting?**
Not many. This festival is not new and we've been around for 20 years. What's new is the change in law and our department is pioneering new and creative ways to reach festival-goers, and we'll keep looking for new ways.

**Were you pleased to be able to connect with a previously off-limits section of society?**
The idea to find creative ways to reach out has been around a while, and thus was born Operation Orange Fingers.

**Will you be able to use this as a model to catch major crooks — like handing out snacks at a fictitious "crack festival"?**
You have defined undercover police work.

Clickbait

ANDREW FIFIELD
andrew.fifield@metronews.ca

**Podcasts have been a limitless boon for catching up on the news, eavesdropping on intelligent debates or even learning a new skill. But sometimes you just want the yuks. Add these three to your iTunes subscriptions for a steady supply of laughs.**

### My Brother, My Brother and Me:

When they're not busy indulging in far-afield tangents, the brothers McElroy dispense tongue-in-cheek "advice" to the baffled and confused seeking solutions to their frequently high-concept woes.

### How Was Your Week:

The mighty Julie Klausner has a knack for making witty conversation seem effortless. Factor in her consistently excellent lineup of equally breezy guests and before you know it, an hour has slipped by.

### The Bugle :

John Oliver just wrapped up a summer ably filling Jon Stewart's chair on The Daily Show, during which time many of us became quite accustomed to his version of mocking the world's news. Thankfully, you can avoid any withdrawal symptoms with a weekly dose of Oliver and Andy Zaltzman drolly riffing on world events.

Twitter

**@metropicks asked: Toronto schools will measure students' BMI. How do you think this will affect childhood obesity?**

**@ThatDonnaGirl:** 6 y.os will get fat letters and the American Academy of Pediatrics will wonder why 7 y.os have eating disorders

**@Canucklehead_ca:** Will just give kids another test to worry about failing. #BMIisTMI

**@shopwithandrea:** Toronto schools will start weighing students. This will just add to child insecurities. Not sure schools should do this.

**@Cavemanbiff:** Good nutrition, & fit bodies begin at home, under the guidance of parents.

**@RunSoulCycle:** Not as much as it will affect their self esteem & development of self concept - schools need 2B emotionally safe & inclusive.

**@Zaedum:** I think schools should just skip right to making activity and standing and stretching mandatory to learning. Not sitting all day

**@HamiltonMetals:** A lot of kids going to be off sick that day...

**@StephMacHorn:** Health Class should teach how to calculate BMI & discuss implications, but centring kids out even more won't help.

**Follow @metropicks and take part in our daily poll.**

**WE WANT TO HEAR FROM YOU:** Send us your comments: saskatoonletters@metronews.ca

metro

**President** Bill McDonald • **Vice-President & Group Publisher, Metro Western Canada** Steve Shrout • **Editor-in-Chief** Charlotte Empey • **Deputy Editor** Fernando Carneiro • **National Deputy Editor, Digital** Quin Parker • **Managing Editor, Saskatoon** Tara Campbell • **Managing Editor, News & Business** Amber Shortt • **Managing Editor, Life & Entertainment** Dean Lisk • **Sales Manager** Barry Paton • **Vice-President, Sales and Business Ventures** Tracy Day • **Vice-President, Creative** Jeff Smith • **Vice-President, Finance** Phil Jameson **METRO SASKATOON** • #100, 728 Spadina Crescent East Saskatoon, Sask. S7K 4H7 • **Telephone:** 306-649-2025 • **Toll free:** 1-877-895-7193 • **Fax:** 1-888-895-6931 • **Advertising:** adinfosaskatoon@metronews.ca • **Distribution:** saskatoon_distribution@metronews.ca • **News tips:** saskatoon@metronews.ca • **Letters to the Editor:** saskatoonletters@metronews.ca

DVD reviews

## Amour

**Director.** Michael Haneke

**Stars.** Jean-Louis Trintignant, Emmanuelle Riva, Isabelle Huppert

●●●●●

Michael Haneke's dramatic two-hander, the Palme d'Or winner at Cannes 2012, is a quietly devastating illustration of how tough the "for better or worse" marriage pact can be when "or worse" occurs. An elderly couple (veteran French actors Jean-Louis Trintignant and Emmanuelle Riva) are put to the test when the wife suffers one stroke and then another, robbing her first of speech and then mobility. Together they must find a way to endure as the end approaches. It's one of the simplest and arguably the most passionate films of Haneke's incredible career, a deserved winner of the most recent best foreign-language film Oscar. Extras include a Q-and-A with Haneke and a making-of featurette.

PETER HOWELL

## Emperor

**Director.** Peter Webber

**Stars.** Matthew Fox, Tommy Lee Jones

●●●○○

Peter Webber accurately depicts Japan's physical and spiritual devastation in the wake of the Second World War's twin nuclear assaults, the firebombing of Tokyo and the nation's subsequent surrender to Allied forces, the latter beginning with an Aug. 15, 1945 radio address by Emperor Hirohito. But the film falls prey to the temptations endemic to historical docudrama: the desire to pack a mini-series' worth of events into one feature-length film, with romance tossed in for added appeal.

PETER HOWELL

Lake Bell wrote, directed and starred in the film In a World. CONTRIBUTED

# Behind-the-scenes takes the spotlight

**In a World.** The voice-over industry gets its time to shine in a little film about family and sexism

Film fans everywhere can identify that movie-trailer voice: A booming baritone that entices viewers with cryptic explanations of the latest upcoming epic.

The business behind such voice work is the backdrop of Lake Bell's new film, In A World, of which she is the writer, director and star.

Real voice-over artists — the men and women who've spent years invisibly announcing the latest Taco Bell temptation, the promise of Firestone tires or upcoming Lifetime programs — say it's good to watch their profession being acknowledged on screen, even if the portrayal isn't perfect.

"It was fun to have that be a thing — that voice-over even got mentioned," said actor Steve Staley after seeing the film. "It was great to see our field get screen time in a realistic way," added Staley, who gives voice to cartoon and video-game characters and commercials.

The film, which expands to more theatres on Friday, begins with images of the most famous voice-over artist ever: Don LaFontaine, whose deep recitation of the phrase "in a world" opened countless movie trailers and made him a multimillionaire.

Since the actor's death in 2008, voice-over artists have vied for his crown, both in Bell's film and in real life. In the film, Bell's character aims to break gender boundaries by competing against the big boys to become the first female trailer voice. But to get the job, she'd have to beat out the reigning king: Her dad.

Things really have changed since LaFontaine's death, voice-over artists said, with most movie trailers now opting to go without any announcer at all. The previews that played before a recent Los Angeles showing of In A World... relied on onscreen text and clips of the actors talking rather than the bellowing "voice of God" to describe the picture.

The industry's marginalization of women is real, too.

"Women, in general, don't do trailers," said Martha Mayakis, a voice-over casting director and coach with TalkShop in Los Angeles. "Women do promos for TV shows."

There really are fewer outlets for female voices, echoed Chuck Klausmeyer, a voice-over artist, director and teacher.

"Women don't get as much copy as the men," he said. "Men are requested more than women for voice-overs for sure, partly because of that deep, authoritative voice that exists."

But just like when doctors watch medical shows, these experts spotted a few unrealistic elements on screen that everyday viewers would overlook.

Bell's character learns about the movie-trailer gig (for an upcoming "quadrilogy" called The Amazon Games) from a recording-studio engineer. In real life, it would be an agent providing that information. In the film, the engineer also serves as the director, but that's not how real voice-over recording sessions go down.

"If only all I ever had to do was impress an engineer," Staley said, adding that a director would actually call the shots.

Klausmeyer said the business also isn't as cutthroat as it seems on screen.

"It worked for the dramatic nature of the film," he said, "but I find the voice-over industry filled with the nicest people who really understand that anybody can book anything."

THE ASSOCIATED PRESS

**All in the family**

**Lake Bell's film, which won a screenwriting award at the Sundance Film Festival, is really about a family that happens to do voice-overs. "It gives a little flavour of what the industry is like," says Martha Mayakis, a voice-over casting director. "It's a sweet little movie... not because of the voice-over angle, but the relationships in the family."**

SCENE

The Word

# *Summer of George: Prince William talks papahood*

His newborn son is "a little bit of a rascal" and car seats can daunt any dad, Britain's Prince William says.

The second in line to the British throne has described his joy at introducing his son to the world on the steps of a London hospital last month — and about his nerves over fitting the car seat securely into the Land Rover before driving off.

William told CNN in his first interview since Prince George's birth on July 22 that both he and the Duchess of Cambridge couldn't wait to show off their son when they emerged from St. Mary's Hospital to meet the world's media a day later.

"I'm just glad he wasn't screaming his head off the whole way through," he said in an interview broadcast Monday.

William was quizzed on a range of child-rearing topics — from baby toys to diapers and sleep deprivation — and acknowledged that his expert performance sliding his child's car seat into the back of the royal four-wheel drive was a well-drilled exercise.

"Believe me, it wasn't my first time. And I know there's been speculation about that. I had to practice, I really did," he said.

William and his wife's assured, do-it-yourself performance in front of the hospital helped cement the couple's image as the modern face of Britain's monarchy. But William said the decision to take his own baby in hand and drive home in the glare of the international press was a way of establishing his independence.

"I very much feel if I can do it myself, I want to do it myself," he said. "And there are times where you can't do it yourself and the system takes over or it's appropriate to do things differently. But, I think driving your son and your wife away from hospital was really important to me."

As for the nearly one-month-old baby, William referred to him as "a little bit of a rascal" who he said reminded him of his younger brother, Prince Harry.

Striking a slightly exasperated tone familiar to many new fathers, he said he wished Prince George would settle down a little.

"At the moment, the only legacy I want to pass on to him is to sleep more and maybe not have to change his nappy so many times."

THE ASSOCIATED PRESS


YOU COULD **WIN**
4 TICKETS TO THE WIGGLES SHOW

VISIT clubmetro.com TO ENTER

No purchase necessary. Contest open to legal residents of Saskatoon who have reached the age of eighteen (18) years or older. Odds of winning depend on the number of eligible entries received. 1 prize to be won, consisting of 4 tickets to see the Wiggles at the TCU Place in Saskatoon on Wednesday, August 28, 2013 (valued at approx. $80). Contest closes August 23rd, 2013 at 11:59pm. To enter and for complete contest rules, visit www.clubmetro.com


# METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

Jennifer Lopez ALL PHOTOS GETTY IMAGES

## Casper the friendly informant: Lopez's love reveals return to Idol

Jennifer Lopez's boyfriend, Casper Smart, might have beat the American Idol bosses to the punch about news that Lopez will be returning as a judge for the reality competition in January. When asked by E! News if she would be back for the upcoming season, Smart gave a simple, "Yes," though no official word has gone out from the network or producers. Sources close to the show say a deal is close to being finalized, but maybe Smart knows something they don't.

Twitter

**@lenadunham**
The only insults I will ever take seriously on twitter are from gay teenagers

**@mindykaling**
A thirty-five year old Carl Reiner will do just fine, thanks

**@RebelWilson**
I spend way too much time thinking, "should I shave my legs today?" X

Seth MacFarlane

## MacFarlane has a new leading lady

Family Guy creator and controversial Oscar host Seth MacFarlane is reportedly dating Pitch Perfect star Alexis Knapp, according to People magazine. "They've known each other and have been friends for years," a source says. "She's very bright and loves science, like him. She's down to earth and sweet."

Pauly D

## Hey DJ, play my song, because I'm paying you big bucks

Being a DJ can be a pretty sweet gig, if Forbes magazine's list of the highest paid mixers is any indication. Producer and songwriter Calvin Harris, who has worked with the likes of Rihanna and recently signed a two-year deal with Las Vegas club Hakkasan, tops the list, earning $46 million this year. "The rise of dance music has been astronomical in the last three years," Harris says. "I happened to be in the right place at the right time." Even former Jersey Shore star Pauly D is raking it in, taking home $13 million. Not too shabby.

# The sexy back workout

5 easy moves for a strong, sculpted back by Kim Kardashian's trainer Joey Gonzalez, COO at Barry's Bootcamp.

ROMINA McGUINNESS
romina.mcguinness@metro.lu

## Upward row

• Standing on the centre of a resistance band, cross the handles or ends of the band so that the band makes an X in front of you.
• Lift the handles or ends of the band up until they reach the point right under the chin.
• Slowly bring the arms all the way down in a controlled motion.
• Do 30 reps.

## Back rows

• In a sitting position, wrap the resistance band around your feet and extend your legs out in front of you. Essentially what you're doing is creating a rowing machine.
• Imagine there's an egg resting on your spine and as you squeeze your shoulders behind you, visualize cracking that egg between your blades.
• Do 30 reps.

## Military press

• Standing on the centre of a resistance band, press the handles up over your head, and then come back down to shoulder level in military press position, standing with your arms bent and your hands around about ear level.
• Repeat as many presses as you can in 30 to 60 seconds.

## Whale trail

• Lie down on a bench (you want to be on your chest) and hug the front of the bench.
• Using your lower back muscles, lift your legs together at the same time — up and then lower, then down really slowly.
• Do 30 reps.

## Side and front raise combination

• Lay down and lift your arms out to the side in a side lateral raise. Now pull your hands together in front and lower your arms down.
• Repeat this for 30 to 60 seconds (do as many as you can) and then move in the opposite direction for 30 seconds.

# Parents, do you have your kid's back?

**Backpack safety.** Monitoring the weight and style of your child's backpack could eliminate avoidable hospital visits for them

ALISON BOWEN
Metro World News in New York City

Be careful about what you pack into your little tykes' backpacks. Heavy backpacks can have serious medical implications, according to experts. Thousands of students arrive in local emergency rooms each year with backpack-related injuries. Dr. John Blanco — associate professor of orthopedic surgery at Weill Cornell Medical College in NYC — spoke to us about keeping students' spines safe and offered some helpful tips for watching our child's back:

**1. Know the suggested weights.** The American Academy of Pediatrics keeps suggestions of how families should choose backpacks and how their children should wear them. "A lot of families just don't have any idea of how a child should wear a backpack," Blanco says. He suggests no more than 10 to 20 per cent of a student's body weight as a measure.

**2. Straps matter.** "Look for a backpack that has very wide, padded shoulder straps," he says. "They should always have two shoulder straps, and tell your child to put their arms through both shoulder straps. You see a lot of kids that fling the backpack only on one shoulder. By having it on both shoulders, it distributes the weight better." And that dorky waist strap? Use it. "By cinching the waist strip, it brings the backpack firmly against your body."

**3. Check out the actual backpack.** "Some backpacks weigh a ton with nothing even in them," he notes. "Find a light backpack that fits the bill." Other alternatives? A rolling backpack, if your child doesn't mind being one of the only students with one. Many students don't want them, Blanco says, but, using them "means that they're not putting any weight on their back at all."

Send them off with safe loads. ISTOCK

# Heat up the barbecue for a very cherry twist on pork

One thing most of us don't do nearly enough of is grilled fruit. Not only is grilled fruit crazy delicious — thanks to the intense heat caramelizing all the natural sugars — it also pairs perfectly with savoury meats.

Before starting the recipe, compare the size of your cherries to the size of your grill grates. If the cherries are likely to fall through the gaps, use a grill pan over the grates.

This recipe serves six. MATTHEW MEAD/ THE ASSOCIATED PRESS

**Ingredients**

- 2 lbs pork tenderloins
- 1 1/2 tbsp fish sauce
- 1 1/2 cups fresh cherries, pitted
- 2 tbsp canola or vegetable oil, divided
- 1 small red onion, diced
- 3 cloves garlic, minced
- 1 tbsp cider vinegar
- 2 tbsp chopped fresh cilantro
- Salt and ground black pepper, to taste

**1.** Cut the tenderloin crosswise into rounds about 1 inch thick. One at a time, set each round between sheets of plastic wrap and use a meat mallet to pound to an even thickness of about 1/4 inch.

**2.** Transfer the flattened pork cutlets to a large zip-close plastic bag. Add the fish sauce, then shake to coat all of the pork. Squeeze the air from the bag, seal it and set side. This step can be done up to 24 hours ahead.

**3.** When ready to cook, heat the grill to high.

**4.** In a medium bowl, toss the cherries with 1 tablespoon of the oil until well coated. Carefully pour the cherries onto the grill grates and grill until lightly charred in spots and tender, about 2 to 3 minutes. Use tongs to return the cherries to the bowl. Set aside to cool slightly. Leave the grill on.

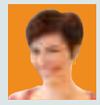
**5.** Once the cherries have cooled, add the onion, garlic, vinegar and cilantro. Mix well, then season with salt and pepper. Set aside.

**6.** Add the remaining tablespoon of oil to the bag of pork, then shake to coat. Grill the tenderloins for 2 to 3 minutes per side.

**7.** Arrange the cutlets on 6 serving plates, then top each with some of the grilled cherry salsa. THE ASSOCIATED PRESS

**Health Solutions**

## *Everything is just peachy*



NUTRI-BITES
Theresa Albert
DHN, RNCP
myfriendinfood.com

It is not August. It is peach season.

Baskets and baskets of local peaches make their way into my repertoire. They go into everything until I have had my fill, or my mid-September birthday, whichever comes first.

I set my calendar by peach season. It's like the lunar equinox for me. Get the picture? It's pretty peachy.

Here are some ways they make me moon.

- In a gazpacho, they add a golden hue and sweetness. Dunk in boiling water for 15 seconds to remove peel, pull pit and blend in.
- In freezer jam. Don't fuss with gelatin and canning, simply simmer with maple syrup and store in glass jars in the freezer and summer (the verb) all fall.
- Pan fried in butter as a yogurt topping.
- Brushed with butter and grilled as a side dish to fish.
- Slice and freeze wedges on parchment paper on a cookie sheet. Toss into plastic bags once frozen and add to cereal willy nilly ('cause peaches like willy nilly and fuzzy wuzzy).

THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND PRIVATE NUTRITIONIST IN TORONTO. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM

RBC Royal Bank

MUCH MORE FOR $4

*For $4 a month*, RBC Day to Day Banking® gives you more for every dollar.

Get up to $100 in gift cards†.

VISIT AN RBC BRANCH AND SWITCH TODAY!
rbc.com/daytoday
1-866-335-2395

Advice you can bank on™

®/™ Trademark(s) of Royal Bank of Canada. RBC and Royal Bank are registered trademarks of Royal Bank of Canada. † To get $100 worth of gift cards/certificates, you will need a total of 12,000 RBC Rewards® points. To learn how, and for full offer details, go to rbc.com/termsandconditions.

# Side. Wild Rice Salad with Apricots and Blueberries

Wild rice seemed to have its moment back in the '90s.

That's roughly when Americans first seemed to discover there was more to the rice world than long grain white.

Since then, wild rice (and yes, we know it's really a grass, not a true rice) seems to have lost its lustre.

People moved on to all the many other new and exciting grains that have come along since, things like quinoa and farro, not to mention the many designer and heirloom rices now lining grocers' shelves.

But we still have a soft spot for the tender, nutty chew of wild rice.

So here is a cool, sweet summer salad to show off just how delicious this forgotten "rice" can be.

**Ingredients**

- 1 cup wild rice
- Kosher salt
- 3 tbsp olive oil
- 3 tbsp white balsamic vinegar
- 1 tbsp honey
- 1 tbsp Dijon mustard
- 2 tbsp chopped fresh chives
- 2 tbsp chopped fresh tarragon
- 2 tbsp chopped fresh thyme
- Ground black pepper
- 2 fresh apricots, pitted and diced
- 1 cup blueberries

**1.** In a medium pot, combine the wild rice, a hefty pinch of salt and 6 cups water. Bring to a boil, then reduce to a simmer. Simmer for 35 to 45 minutes, adding water as needed. When the rice is tender, strain through a mesh strainer and spread in an even layer on a rimmed baking sheet to cool. To speed the process, you can set the baking sheet in the refrigerator.

**2.** Once the rice has cooled, in a medium bowl, whisk together the olive oil, vinegar, honey, mustard, chives, tarragon, thyme and a pinch each of salt and pepper. Stir in the wild rice, apricots and blueberries. Season with additional salt and black pepper as needed. THE ASSOCIATED PRESS

# How to avoid the 7-day ramen diet

YOUR MONEY
Alison Griffiths
money@metronews.ca

"To eat or not eat, that is the question," emailed Jon Stonehauser, a sophomore at the University of Alberta. "Last year I was broke before Christmas. I'd like to make it to April this year without starving. Any thoughts?"

Jon, it's all about being proactive. Work through these eight steps and you should have enough for three squares until spring.

**1. Budget:**
There are many student budgets available, but I like the interactive calculator at the Financial Consumer Agency of Canada, fcac-acfc.gc.ca.

(Go to choose a life event then paying for post secondary education.)

**2. One-time expenses:**
Sequester money for tuition, books, etc. right off the top and don't include it in income below.

When funding arrives, deposit one-time expenses for each semester in a separate account or pay it out immediately.

The remainder will be used to pay regular monthly expenses and should be deposited in a savings account. If you are working, deposit wages in the same account.

**3. Income:**
Take what's left after separating number two's costs and divide by the months in school for your monthly income.

**4. Needs:**
Focus on the essentials first. Where you can't pick an exact figure, groceries, for example, estimate the cost on the budget spreadsheet.

Don't fill in discretionary expenses yet. Your goal is to figure out monthly essentials like food, transportation and rent.

**5. Wants:**
This category can easily blow up a student budget. Ballpark what you would like to spend on entertainment, clothing and take out. Be honest with yourself.

**6. Juggle:**
Chances are money out is greater than money in. If so, start cutting expenses or contemplate an income boost. Don't forget to add five per cent for emergencies.

**7. Organize:**
Once you have a monthly sum for regular expenses, set up a monthly transfer from savings to chequing to cover those costs.

**8. App it:**
There's no point in budgeting if you don't know where the money is going. MoneyWiz, CoinKeeper, Checkbook HD, Easy Envelope Budget Aid, iXpenseIt and Daily Expense Manager are all highly rated to keep track of your spending throughout the year.

It's not tough. It just takes a bit of time.

Contact Alison at griffiths.alison@gmail.com or alisongriffiths.ca

How are you going to make it until April? Budget, that's how. ISTOCK IMAGES

Have you located a narcissist at your work? Kill them! (With kindness.) ISTOCK

# Narcissists on the job: how to cope with those egomaniacs

**At work.** Author shares some tips on dealing with people with this personality disorder

JULIE KAYZERMAN
Metro World News

A narcissist's ability to make you feel good inside can draw you right into their world. Their magnetizing gaze can lock on you and make you feel important.

But the author of Freeing Yourself from the Narcissist in Your Life, Linda Martinez-Lewi, has offered ways to identify and deal with people with this fixed personality disorder in the workplace.

**Take a step back**
Although having the skills to identify a narcissist is important, it is imperative to be able to separate yourself from them at work in order to avoid being controlled. Martinez-Lewi says that if people don't, "they become a victim of narcissistic abuse."

"(Narcissists) project their unconscious impulses, feelings, thoughts, fears and rage onto the victim," says Martinez-Lewi. "They can be vindictive, they can get very angry." As a result, she adamantly calls on all victims to remember to make the mental and sometimes physical separation from the narcissist.

**Protect yourself**
Martinez-Lewi recommends taking good care of yourself by getting enough rest, eating healthy and exercising. However, your psychological state of mind is just as important.

"You (must) remain as separate and detached from them emotionally and as psychologically as you can," says Martinez-Lewi. Being rational and staying composed definitely will take practice, but if it avoids a volcanic confrontation, it's worth it.

"If something happens, you can point it out to them in a courteous way," says Martinez-Lewi. "You have to be very delicate. Don't confront them head-on, or they'll let you have it."

**Kill 'em with kindness**
"A narcissist can provide you with many opportunities, since their thinking is so grandiose," she says. "Use areas of your mind that you wouldn't have thought of otherwise."

Martinez-Lewi says to compliment narcissists in a very authentic way, but be wary of getting too comfortable with them.

"Enjoy their good qualities," recommends Martinez-Lewi, "but always remember that they have a fixed personality disorder that is not going to change."

**Narcissist in your life?**

**Martinez-Lewi describes these people as "great method actors" because while they're deceitful and lack a conscience, "they're playing a part. And in a way they kind of believe it."**

- **Huge ego.** "Many of them are very grandiose," says Martinez-Lewi. "They have this sense of themselves that's larger than life and better than anyone. They are perfect and superior."
- **Ruthless and cutthroat.** Although narcissists do tend to have an outstanding brilliance, Martinez-Lewi explains that they are also unable to have any kind of emotional intimacy. "They will step over anybody to get what they want," says Martinez-Lewi.

# Calvillo slated for more tests on head

**CFL.** Alouettes QB suspected of having concussion after absorbing hard hit from Riders' Foley

The Alouettes' Anthony Calvillo unloads a pass as Ricky Foley applies pressure at Mosaic Stadium on Saturday.
LIAM RICHARDS/THE CANADIAN PRESS

Jim Popp isn't banking on quarterback Anthony Calvillo or any of the Montreal Alouettes' walking wounded returning Thursday night to face the B.C. Lions.

Calvillo, who is suspected of having a concussion, was among eight Alouettes injured in their 24-21 road loss to the Saskatchewan Roughriders on Saturday. And given Montreal's quick turnaround, interim head coach Popp is assuming all eight won't suit up against B.C. (5-2).

"Guys were getting MRIs, seeing doctors (Monday) and (Tuesday) they sit down and get the final word of where they are but we can't wait on that," the Alouettes general manager said in a telephone interview. "We've had to move forward as though all eight aren't playing and if you get one or two back, then great.

"But we've had to go into the thinking mode that we're not going to have them and move forward."

Calvillo, who will celebrate his 41st birthday Friday, was injured in the first half after taking a hard hit from Saskatchewan defensive end Ricky Foley. Pro football's all-time passing leader had completed four of his eight passes for 85 yards at the time with Montreal (2-5) trailing 7-3.

Backup Josh Neiswander replaced Calvillo, completing 12 of 30 passes for 147 yards and two interceptions. It was Neiswander's first CFL regular-season action since signing with Montreal in 2011.

If Calvillo doesn't play against B.C., Popp would expect Neiswander to start but could also see rookie Tanner Marsh getting some playing time. Both took snaps with the starting offence in practice last week prior to Montreal's game in Regina. THE CANADIAN PRESS

### Knees continue to ail Bagg

**Saskatchewan slotback Rob Bagg injured his left knee in the first half on Saturday. The native of Kingston, Ont., had missed portions of the previous two seasons with injuries to both knees.**

- Bagg appeared to be in tears while walking off the field. An update on his status is expected Tuesday when the Riders return to practice.
- Riders slotback Weston Dressler jammed his left shoulder against Montreal but remained in the game, finishing with five catches for 51 yards and a TD.

**Tennis**

## Federer, Raonic drop in ATP ranks

Roger Federer is sliding in the ATP rankings, now down to No. 7.

Federer, who spent more weeks at No. 1 than anyone, already had reached his lowest spot in a decade by dropping to No. 5 after Wimbledon — and he fell two more places Monday.

Canada's Milos Raonic slipped out of the top 10, dropping one spot to No. 11. In other changes, Rafael Nadal rose to No. 2 from No. 3, swapping with Andy Murray. THE ASSOCIATED PRESS

**MLB**

## Pujols' season over, Angels say

The Los Angeles Angels say slugger Albert Pujols is done for the season because of an injured left foot.

Pujols hasn't played since July 26. He had been saying he wanted to return when his partially torn plantar fascia healed.
THE ASSOCIATED PRESS

**Strange promo**

## Out of the park, into the cemetery

One "lucky" fan will win a free funeral package in a promotion that's more six feet under than it is over the top.

The Triple A affiliate of the Philadelphia Phillies, the Lehigh Valley IronPigs, plans to announce the winner of the fan giveaway at Tuesday's game. Fans had to submit an essay describing their ideal funeral and explain why they deserved a free one. THE ASSOCIATED PRESS

# A-Rod's lawyer declines MLB's challenge

Despite being suspended, Alex Rodriguez is playing pending an appeal, which is not expected to be decided by an arbitrator until at least November.
JIM ROGASH/GETTY IMAGES FILE

A lawyer for Alex Rodriguez declined Major League Baseball's challenge to make public the evidence that led to the 211-game suspension of the New York Yankees star.

MLB executive vice-president Rob Manfred wrote to lawyer Joseph Tacopina on Monday, urging him to waive his client's confidentiality under baseball's Joint Drug Agreement so the documents could be released. Tacopina had said he wanted to discuss evidence publicly but was constrained by the provision.

"We will agree to waive those provisions as they apply to both Rodriguez and the office of commissioner of baseball with respect to Rodriguez's entire history under the program, including, but not limited to, his testing history, test results, violations of the program, and all information and evidence relating to Rodriguez's treatment by Anthony Bosch, Anthony Galea and Victor Conte," Manfred wrote in the letter, which was released by MLB.

Bosch was head of the Biogenesis of America anti-aging clinic accused of distributing banned performance-enhancing drugs.

Galea pleaded guilty two years ago to a federal charge of bringing unapproved drugs into the United States from Canada. Conte was head of the Bay Area Laboratory Co-operative, the target of a federal investigation that led to criminal charges against Barry Bonds, Marion Jones and others.

The union didn't immediately respond to a request for comment. THE ASSOCIATED PRESS

## Horoscopes

### ♈ Aries
**March 21 - April 20**
Forget what others expect of you and do something that makes you feel good. It doesn't have to be anything special — a walk in the sunshine could be all it takes to give you a new perspective on life.

### ♉ Taurus
**April 21 - May 21**
Decisions about financial matters should be put off to another day. There is really no point wasting time worrying about how to make ends meet. You know it will all work out.

### ♊ Gemini
**May 22 - June 21**
Go out of your way to co-operate with people today, even with those who have been less than co-operative with you in the past. What happened yesterday or the day before is of no concern.

### ♋ Cancer
**June 22 - July 23**
Mars remains in your birth sign only until Aug. 28, so you have just over a week to make use of its powers. You cannot do everything at once but you can do something at once — so start doing it now.

### ♌ Leo
**July 24 - Aug. 23**
You've been struggling against forces you cannot defeat. As the Sun comes to the end of its annual cycle through your chart, you will realize there is no point struggling anymore.

### ♍ Virgo
**Aug. 24 - Sept. 23**
Think ahead but don't make too many plans because the Sun's change of signs on Thursday could shake things up. Besides, good ideas should always have time to simmer.

### ♎ Libra
**Sept. 24 - Oct. 23**
Stop rushing around and take time to chat with people you meet. Everyone has a story and one in particular could be of significance. If you learn something new, don't be afraid to use it to your advantage.

### ♏ Scorpio
**Oct. 24 - Nov. 22**
The Sun moves in your favour on Thursday but before then there is a full moon in a particularly sensitive area of your chart. That means you must either finish a task right now or give up on it.

### ♐ Sagittarius
**Nov. 23 - Dec. 21**
Be free with your opinions, even if not everyone is happy to hear them. You are entitled to your viewpoint. At least, unlike some people, you appear you have one.

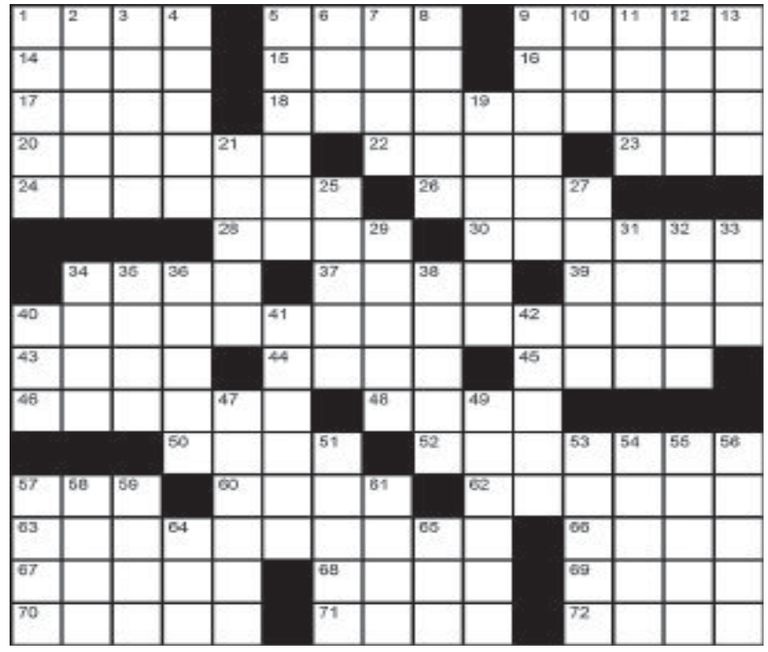
### ♑ Capricorn
**Dec. 22 - Jan. 20**
Be nice to people today, even people you can't stand the sight of. It doesn't take much to smile and, who knows, it may have a positive impact when next you meet. Stranger things have happened.

### ♒ Aquarius
**Jan. 21 - Feb. 19**
A loved one could say something hurtful today but you must not take it to heart. Either they are being too extreme or you are being too sensitive. Either way, blame it on the approaching full moon.

### ♓ Pisces
**Feb. 20 - March 20**
A grumpy person will make you listen to their complaints today. Smile sweetly and pretend you see their point and feel their pain. Then escape as quickly as you can. **SALLY BROMPTON**

## Crossword: Canada Across and Down

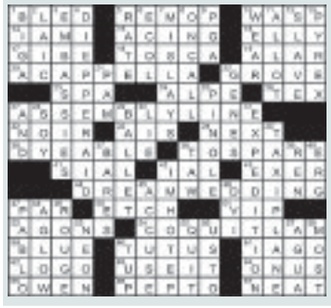
See today's answers at metronews.ca/answers.
**BY KELLY ANN BUCHANAN**



**Across**
1. British raincoats, nicknamed
5. Woofs!
9. Like non-glossy makeup
14. Border on
15. May, in Lisbon
16. Boo-boo
17. Finale, in music
18. EPCOR CENTRE for the __ Arts, in Calgary
20. Cite as evidence
22. Tea type, __ Grey
23. Opera classic: "O Sole __"
24. Saskatchewan city southeast of Regina
26. Saloon slurp
28. Cat's cry!
30. Really tick off
34. Montreal-born singer of "Come to Me", France __
37. Kind of history
39. New York's Madison, et al.
40. "One Week" band from Scarborough, ON: 2 wds.
43. __ the Terrible
44. #43-Across, for one
45. 'Kind' suffix
46. Las Vegas hangout
48. Canadian figure skating great Mr. Browning
50. Convent denizens
52. Name of the MTV video music award
57. Crunched muscles, for short
60. Hoover Dam lake
62. Unspecified individual
63. __ House, Saskatchewan
66. Pond 'plant'
67. More right sounding
68. Ancient Roman's 2002
69. Retreat
70. Repetition mark, in music
71. Music's Ms. Murray
72. God of war in Greek mythology

**Down**
1. Parrot
2. Home
3. Blue Rodeo singer Jim
4. Baseball great Rusty
5. Unit of electric†current
6. Arctic explorer, John __
7. NBC's "Chicago __"
8. Couches
9. Arthurian wizard
10. Sleeve
11. Clip
12. Author Ms. Morrison
13. Consequently
19. Animal Farm author George
21. Curry powder ingredient
25. Secluded spots
27. Mark
29. Make mayhem, with Havoc
31. Car rental company
32. The Bee __
33. Curved letter
34. Second Cup serving, hip-style
35. Komodo dragons
36. Russian leader, b.1870-d.1924
38. Tight as _ __
40. Lighters brand
41. Somebody penitent
42. 19th-century composer Mr. Bruckner
47. __ uno!
49. Rock tour gig
51. Actress Ms. Hayek
53. Spiral-horned antelope
54. Tooth type
55. Actress Ms. Harmon
56. Approaches
57. Stars in movies
58. Hockey great, Pavel __
59. Self-satisfied
61. Curse
64. __ Folds Five
65. Author, Anais __

### Yesterday's Crossword



## Sudoku

**How to play**
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

| | | | | | | | | |
|---|---|---|---|---|---|---|---|---|
| | 4 | | 1 | | 3 | | 5 | |
| | | 2 | 9 | | 8 | 7 | | |
| | 9 | 5 | | | | 8 | 6 | |
| | | | 2 | | 6 | | | |
| 9 | | | | | | | | 6 |
| | | | 3 | | 4 | | | |
| | 1 | 7 | | | | 5 | 2 | |
| | | 4 | 8 | | 2 | 3 | | |
| | 8 | | 7 | | 5 | | 1 | |

### Yesterday's Sudoku

| | | | | | | | | |
|---|---|---|---|---|---|---|---|---|
| 1 | 3 | 5 | 9 | 6 | 7 | 4 | 2 | 8 |
| 4 | 9 | 2 | 8 | 1 | 3 | 6 | 7 | 5 |
| 6 | 7 | 8 | 4 | 2 | 5 | 9 | 3 | 1 |
| 8 | 1 | 7 | 2 | 3 | 6 | 5 | 9 | 4 |
| 3 | 4 | 6 | 5 | 9 | 8 | 2 | 1 | 7 |
| 5 | 2 | 9 | 1 | 7 | 4 | 3 | 8 | 6 |
| 7 | 5 | 4 | 3 | 8 | 2 | 1 | 6 | 9 |
| 2 | 8 | 1 | 6 | 4 | 9 | 7 | 5 | 3 |
| 9 | 6 | 3 | 7 | 5 | 1 | 8 | 4 | 2 |

visit metronews.ca

metro

There are better ways to make your voice heard
What's the point of making a statement, giving a speech or even talking if no one is listening?
Join the METROPOLITAN PANEL and have your voice heard by the readership of the world's largest newspaper.
**Metropolitan Panel** is an online research panel dedicated to dialogue with you! When you participate, your voice joins thousands of others in 14 countries. Sign up for the panel at **metropolitanpanel.ca,** choose your country and join the global conversation!
metropolitanpanel.ca
Metropolitan
Panel